CREATE AN EXTRAORDINARY RELATIONSHIP NOW!

Dear Friend,

Welcome to the *Ultimate Relationship Program®!* I truly believe there is no greater source of pain or pleasure than our intimate relationships. At some level, we all know that the ultimate expression of love depends on our ability to find, connect with, and sustain an incredible, passionate relationship with our beloved.

Yet, with all of its promise, paradoxically, few of us commit ourselves to doing whatever it takes to making our relationships passionate.

This is why my wife Sage and I honor you immensely for your commitment, courage and openness as we embark on this journey together to take our relationships to the next level.

Today, my relationship with my Sage is the most precious gift in my life. But it wasn't always that way. It's taken consistency, work and a joint lifetime commitment to always putting our relationship and each other first.

In this program, Sage and I will guide you through 7 Master Skills and 10 Disciplines of Love that you can use right now, in your relationships. These skills and disciplines will empower you to enhance any relationship in your life, with a distinct focus on the intimate relationships that bring the ultimate experience of love into your life.

Let this Action Workbook be your guide as you embark upon this journey. Go through this program at your own pace. Listen to the audios and watch the videos so you can get a deeper understanding of the concepts at play during the interventions.

> *If you have a partner, I encourage you to involve them as you go through the program.* Watch one of the interventions together. Go through the Summary Cards during “date night.” Ask some of the questions you’ll find in this book to discover new ways to light them up on a daily basis.
>
> *If you aren’t in a relationship, this program will help you set a strong foundation for your next relationship.* You’ll identify the skills and the qualities that will help you select a new partner who could easily become the love of your life.

I’d also like to acknowledge two people who I had the incredible privilege of working with to create this program: Cloé Madanes and Mark Peysha. Cloé is a world-renowned systemic thinker, a teacher of psychotherapy and one of the originators of the strategic approach to family therapy. Cloé’s contribution was invaluable for fine-tuning the tools and resources in this program to make them easily applicable in any relationship. Mark, a life coach with a specialty in strategic communication, relationship and family issues, masterfully directed the intervention videos you’ll see in the program.

The strategies in this program can produce immediate rewards, and experiencing the relationship of a lifetime will completely change your life. Let’s get started!

Live with passion!

Tony Robbins

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"Man's mind, once stretched by a new idea, never regains its original dimension."

– Oliver Wendell Holmes

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How to Use This Program

The Ultimate Relationship Program includes an audio program, as well as videos of several of the program's interventions. You can watch these videos at your leisure. We highly recommend watching at least one, perhaps with your partner.

As you listen to the audio program and watch the videos, you'll discover how to apply the 7 Master Skills of Relationships and 10 Disciplines of Love to your relationship in order to create new levels of love and passion. When even one of the 7 Master Skills is missing, it can create hurt, anger, frustration and fear. However, when you know how to use these skills, you can create the foundation for a fulfilling relationship with all the passion and excitement you've dreamed of.

Many relationships struggle because of a single weak point.
The 7 Master Skills of Relationships will help you identify and address your weak points, creating almost instantaneous improvement.

Finally, it's also crucial that you take action in your actual relationships to create lasting change. Follow the assignment at the end of each audio track, and use the pages that follow to answer lingering questions, brainstorm solutions and put life-altering distinctions into action. At a minimum, make sure to do the assignments in the Action Plan for each day. It's through these assignments that your progress will accelerate most.

A Note for Singles

This program is not only about improving present relationships. It's also about creating a magnificent vision for your ideal relationship, strengthening your communication skills, avoiding common relationship obstacles and setting the foundation for a fulfilling relationship from the start.

Use this program to understand your own past relationship patterns and to become the best version of yourself so you can attract a partner of the highest caliber, someone who's worthy of the extraordinary vision you've created for yourself.

NOTES

"Love is a force that connects us to every strand of the universe, an unconditional state that characterizes human nature, a form of knowledge that is always there for us if only we can open ourselves to it."

– Emily H. Sell

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Relationships

There may be no other word in the English language that is so loaded with meaning, emotion, opinion, fear, heartbreak or joy.

Yet, in the human experience, there is also nothing more important. We can have amazing kids, a great job, a fit body, financial abundance, emotional strength and spiritual resolve. Yet, without someone to share it all with, our lives have less meaning and substance. Experiencing great love allows you to revolutionize virtually every aspect of your life.

Creating the relationship that will transform your life may not just happen – but you do have the power to find, create and develop the love of a lifetime. There are laws of love – 7 Master Skills of Relationships and 10 Disciplines of Love. Once you know them, practice them and make them a part of your life, you will create a base that can skyrocket your relationship to astonishing new levels.

Are You Ready to Get Started?

In order to create and experience an extraordinary, fulfilling relationship, you must first work on you.

You have to overcome your fears, be more aware of who you are at your true core and master the skills and disciplines that will transform your relationships – and your entire life.

When you raise your standards and demand more from yourself, you will naturally call out the best in your partner as well.

"True love begins when nothing is looked for in return."
– Antoine de Saint-Exupéry

The 3 Levels of Mastery

If you want to create substantial results in your life, knowledge is not enough. There are three levels you must go through in order to fully and completely master any new concept or idea.

Level One – Cognitive Understanding
You have an intellectual insight into what is working or not working in your life – and what you must do to create the results that you want.
Level Two – Emotional Mastery
You feel the necessity of applying yourself to make this change real. You also feel in your gut what will happen if you don't succeed at making these important changes.
Level Three – Physical Mastery
This is where the change becomes your new standard. You have not only made the change once, but also consistently conditioned it so that it becomes a pattern in your body and a part of your identity.

Example

You understand that your relationship suffers from a certain choice that you habitually make (e.g., when you put your work before your family).

You *feel* this can't go on. Something has to change, and you become determined. You do something specific to show that a change has been made.

However, it's not until you *commit* and *consistently repeat* this new behavior, until it becomes a part of your body and your identity, that you see the massive shift in your relationship.

Passionate relationships take focus and commitment!

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The 6 Positions of Relationships

Before you embark on any journey, it's a good idea to know where you're going. As we set off to create the ideal relationship, the first step is to understand where you are right now. In fact, everyone is in one of six positions in regard to relationships.

Position 1: **A Magnificent Relationship with Love and Passion**

This is what a relationship is all about: all of the fun, spontaneity, intimacy, excitement, passion, closeness and devotion you can dream of. When you're in Position 1, you never want it to end. You're *in the zone* in your relationship!

Position 2: **A Relationship with Love but Little or No Passion**

You have a deep love for your partner, and your friends and family think you have a good, stable relationship. However, you no longer have the "juice," fun and excitement you want. You feel more like family members than lovers. You may have had passion in the past, but you've simply become comfortable – or you may never have really had it at all.

> ***Key Principle:*** **The only difference between a love relationship and a friendship is intimacy.**

Position 3: **A Relationship Without Much Love or Passion**

You and your partner live together, but there is little or no deep emotional involvement. There may even be friction, since neither of you feels very loved or wanted. You and your partner may have found ways to meet the majority of your needs outside of the relationship: work, hobbies, family (other than your partner), friends, etc. This position demonstrates a relationship that is deteriorating, and it will only get worse with time, unless you take strides to turn it around.

Position 4: **You Are Planning Your Escape**

You are still with your partner, but you have been in Position 3 for so long that now you've got your finger on the button. You don't feel committed to making the relationship work, and you're just waiting for the right conditions to leave, such as your kids leaving for college or a change in your financial situation. This position can be very destructive for your emotional health and that of your children. You need to move up to Position 1 or 2, or you need to make a move out of this relationship. This program will help you decide what you need to. However, go through all 10 steps of the program first, then make a commitment and give yourself a deadline. Don't let your life slip away while you delay.

Position 5: **You Are Not in a Relationship But Want to Be in One**

You may have been in this position for some time, worried that you might repeat the experiences of your prior relationships. This position presents a lot of pain for many people, but it is also a position of amazing opportunity. Use this program to clarify what kind of relationship you want and the things that you need to do to be able to get there. If you're getting over the loss of a previous relationship, be careful that you don't take on beliefs that will be destructive in future relationships. Work on yourself first. By putting the principles of this program into action, you'll be ready for a Position 1 relationship very quickly.

Position 6: **You Are Not in a Relationship and Don't Want to Be in One**

This is a position of safety. You may believe that you are avoiding the potential hurt that relationships can bring – or that you have experienced in the past. By staying in this place, however, you are missing out on one the greatest emotional experiences of life! Ask yourself: Do you really *never* want to be loved and worshipped by a lover whom you love and worship? Love is the prime motivation and the prime area of spiritual growth for human beings. If you really think you never want a relationship again, finish the entire program before making that final decision.

The purpose of relationships is to magnify human emotion and experience.

Day 1: Action Plan

This is the most important part of each day of the program. Your Action Plan is where you take what you *learned* and make it who you *are*.

1. What is your ultimate vision for your intimate relationship? What do you want to create, give, have, share and become in this area of your life? What is your compelling vision for love, intimacy, passion, connection and fun? Describe the relationship, not a specific partner.

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2. Which of the 6 Positions of Relationships are you in right now?

3. If you are in a relationship, which position is your partner in? Why do you think so? What have you felt or observed?

4. What has been preventing you from taking your relationship to the next level? What beliefs, behavior patterns or emotions have held you back from taking the next step?

5. What would it take to change it all? What fears, beliefs or past memories can you transform to go to the next level? What do you need to do now to create the relationship you desire and deserve?

The difference between where you are and where you want to be is called "the gap." If you want to create positive change, it's critical to understand the gap first, so you can understand the direction you need to take. If you apply yourself to the principles of this program, change will happen faster than you think!

NOTES

"Neither a lofty degree of intelligence nor imagination nor both together go to the making of genius. Love, love, love – that is the soul of genius."

– Wolfgang Amadeus Mozart

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A truly magnificent love affair is the result of a commitment to daily practices: the ongoing mastery of the fundamental skills necessary for an extraordinary relationship and the discipline to hold yourself, your thoughts and your actions to the standards that bring out the best in you and your partner.

Did you know there are laws for love? There are – but don't worry – they're fun laws to follow!

The 7 Master Skills of Relationships and the 10 Disciplines of Lasting Love and Passion are the natural laws of intimate relationships. If you choose to ignore these skills and disciplines, it's like ignoring the law of gravity, and there's a price to be paid for that! But if you live by these laws, your relationship can go to heights that will make you feel like you're breaking all the rules.

Know these skills and disciplines and all of your relationships – friendships, family relationships, intimate relationships and more – will benefit.

The 7 Master Skills of Relationships

Understanding, practicing and mastering these fundamental skills are critical to your success in creating an outstanding relationship. There's much to learn and appreciate about your needs, feelings and behaviors, as well as those of your partner. These skills will show you how to use these understandings to best support your partner and your relationship.

The 10 Disciplines of Lasting Love & Passion

Even once you develop the 7 Master Skills, you're not guaranteed a magnificent relationship. That comes through the consistent application of these skills in the form of a daily practice or discipline, which will allow your relationship to blossom.

If you consistently apply the 7 Master Skills of Relationships and the 10 Disciplines of Lasting Love and Passion, you will create a legendary relationship filled with joy, passion, fun, ecstasy and love.

NOTES

"You learn to love by loving."
– Aldous Huxley

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THE ULTIMATE RELATIONSHIP SCORECARD

Your Checklist for Lasting Love & Passion

The 7 Master Skills of Relationships	The Laws of Love: The 10 Disciplines of Lasting Love & Passion
Skill 1: **Heartfelt Understanding** →	**1.** Live the Discipline of **Putting Your Lover First:** It's Not About You!
Skill 2: **Give** Your Partner What They Really **Need** →	**2.** Live the Discipline of **Loving No Matter What:** The Power of Love, Adoration & Praise
Skill 3: **Create** and Build **Trust** and **Respect** →	**3.** Live the Discipline of **Being Yourself:** Emanate & Express Your Natural Essence & **True Core** **4.** Live the Discipline of Knowing Your Partner Only Has **Positive Intent:** Eliminate Threats & Be Conscious of Judgments & **Remember the Power of Language** **5.** Live the Discipline of **Giving Freedom:** Unleash the Power of **Forgiving, Forgetting & Flooding**
Skill 4: **Reclaim** Your **Playfulness, Presence** and **Passion** →	**6.** Live the Discipline of **Daily Intimacy** & Full Engagement: Open Your Heart & **Hold Nothing Back** **7.** Live the Discipline of **Polarity: Enjoy the Power of Dancing Energies**
Skill 5: **Harness Courage** and Embrace **Honesty** →	**8.** Live the Discipline of **Loving the Truth: Experience the Power of Vulnerability**
Skill 6: **Uncover** and Create **Alignment** →	**9.** Live the Discipline of **Utilization:** Tap into the Power of **Higher Meaning** & Constant Growth **10.** Live the Discipline of **Gratitude & Giving: Appreciation Is the Power**
Skill 7: **Live Consciously:** Be the Example of What You Want in the World *(Skill 7 applies to all 10 Disciplines of Love & Passion)*	

THE 7 MASTER SKILLS OF RELATIONSHIPS & THE 10 DISCIPLINES OF LOVE

Mastering the 7 Master Skills of Relationships makes a magnificent relationship possible. The 10 Disciplines of Lasting Love & Passion support these skills to make legendary love real. They offer you a way to take each skill and put it into action in your relationship in a meaningful, consistent way. They help you live out these skills on a daily basis, forming the foundation for a truly extraordinary partnership.

The Ultimate Relationship Scorecard combines these two to help you learn, cultivate, master and own these skills and standards at the highest level.

Skill 1: Heartfelt Understanding and Putting Your Lover First

- Heartfelt understanding means connecting to your partner's emotional world and putting yourself in their shoes.
- When someone doesn't feel understood by their partner, the relationship cannot grow. However, when you decide to listen without judgment, relationships can change quickly.
- You don't have to agree with everything your partner says. The important thing is showing them that you're on their side.

What can you do to make your partner know that you understand and appreciate them, that you are on their side?

Discipline 1: Practice the Discipline of Putting Your Lover First: It's Not About You!

- Instead of being your partner's observer, or even critic, develop an inner heart connection and understand what your partner feels.
- Practice being selfless. Schedule periods of time where you will attend solely to your partner's needs, putting your needs second or third.
- Find out what your partner likes and refine your approach. What gifts, gestures, touch or words strike a chord in your partner? How can you become even more proficient in pleasing them?

By putting your lover first, you will discover the deepest pleasure in your relationship, both intimately and in other ways.

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Skill 2: Give Your Partner What They Really Need

- In any relationship, you need to understand the other person's needs so you can avoid the frustration and disappointment that comes "giving them everything" – everything except what they really need.
- Most people's needs are incredibly specific, like a secret button that will trigger their feelings of love, passion, excitement and gratitude. Finding your partner's buttons can be tricky, but if you succeed, you'll generate deep levels of trust, happiness, love and passion.
- On Day 3, we'll discuss the 6 Human Needs that everyone shares. If you can discover which ones are most important to your partner, you'll know how to satisfy them more effectively.

Discipline 2: Loving No Matter What

- One of the greatest threats to a relationship is when one or both partners withdraws. Any time you withdraw emotionally from your partner, the relationship will deteriorate.
- When you lose trust, interest and commitment, even for a moment, you drift closer to behaviors of criticism and rejection.
- However, if you commit to maintaining your emotional connection no matter what, there will not be any room for alienation, judgment and rejection.
- Commit to hold yourself open and present for your lover, even during the most painful of situations. When you can give your partner this gift, your relationship will blossom.

Cultivate your connection the way you would tend to a beautiful garden, and your relationship will flourish – no matter what your life circumstances may be.

Skill 3: Create and Build Trust and Respect

Trust is the essential building block of every productive relationship in your life.

- Where there is no trust, people do not share, and where they do not share, there is no interaction, progress or growth.
- Trust comes from the feeling that you and your partner are committed to meeting each other's needs.
- Trust is built during times of uncertainty and stress, when your commitment may come under question. When your commitment withstands these tests, trust will grow. When trust is not growing, it is dying. There is no middle ground.

Discipline 3: Being Yourself: Emanate and Express Your Natural Essence and True Core

- Trust begins with yourself, with having confidence in your own intentions. Other people will perceive this confidence and trust you. With your partner, trust comes from confidence in each other's intentions.
- Being yourself means understanding the masculine and feminine energies that exist within you. Learn to reclaim those parts of you that you may have suppressed.
- Allow these energies to enhance your intimacy and your life's purpose, and recognize and appreciate these energies in your partner.
- If and when your partner challenges you, hold true to the generosity of your own intentions.

Trust your own intent. Put your lover first, and trust that commitment.

Discipline 4: Positive Intent: Eliminate Threats and Judgment and Remember the Power of Language

- When you judge, threaten or blame, you undermine the feeling of positive intent. This can make your partner defensive, which can kill intimacy.
- When your partner is upset, it means that some of their needs are not being met. Respond with heartfelt understanding, compassion and empathy to revive connection and trust.
- Awaken to the power of language and learn to express your true feelings to each other! Remind your partner of your love several times a day.

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Discipline 5: **Freedom: The Power of Forgiving, Forgetting and Flooding**

- We all have tough times, moments when we do not show up in the best way. We all also all experience moments when we feel angry or frustrated with our partner. The question is whether we should dwell on these painful experiences – or if we can we learn from them, let go and move on.
- When your partner makes a mistake, treat them how you would want to be treated: Put your partner first and forgive them.
- Remember the power of memory management: the emotional flood. Flooding works with your mind and nervous system to replace bad experiences with good.
- It's not about senselessly forgetting important lessons and warnings from the past. Instead, it's about consciously harnessing the good in life and bringing it into your relationship for greater pleasure and intimacy.

**So often we play a fight with our partner over and over again in our head.
But how often do we "flood" ourselves with cherished memories
that deepen our souls?**

Skill 4: Reclaim Playfulness, Presence and Passion

- Many couples reach a basis of heartfelt understanding, giving and trust, but they don't make the leap to passion and excitement.
- One of the ways to reclaim your playfulness, presence and passion is to play off your gender differences. If you are masculine, this would mean showing your passion and pursuing intimacy with your partner. If you are feminine, this would mean playfully provoking and enticing your partner to come after you.
- In sexual intimacy, open up the spectrum of experiences to embrace not only the light emotions (loyalty, contribution and devotion) but also the dark emotions (naughtiness, possessiveness and lust). Open up, experiment, take a risk and enjoy!

Discipline 6: The Discipline of Daily Intimacy & Full Engagement: Open Your Heart and Hold Nothing Back

- Once you discover the natural polarity between you and your partner, let that passion and excitement infiltrate other parts of your life.
- Open your heart to your partner. Let your presence, playfulness and passion bring spice to your lives.
- Don't hold back! Be present. If there were times that you used to shut down or look the other way, instead now engage your partner. Relationships are fed and nourished through honesty and attention.

Discipline 7: The Discipline of Polarity: The Power of Dancing Energies

In scientific terms, the attraction of opposites is called *polarity*. In human relationships, many types of polarity exist. We are attracted to people with qualities different from ours. In romantic intimacy, polarity refers to the play between opposite energies – the masculine and the feminine.

If you can find your natural polarity with your partner – the play of differences between you – you can enjoy the magnetic attraction and passion that you enjoyed at the start of your relationship.

The place where polarity is strongest, however, is in times of stress and upset. In those times, utilize the strengths of your sexual essence to help your relationship expand.

- *If you are masculine*, stand strong and give your partner your full devotion and commitment, no matter what they say or do.
- *If you are feminine*, heal your partner with your love and attention. Provoke them with your playfulness.

Polarity strengthens a relationship.

Find your polarity and you'll have not only love and trust, but passion as well.

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Skill 5: Harness Courage and Embrace Honesty

Once you have passion and polarity, you will experience intense enjoyment. You will also have moments of surprise, hurt and disappointment. This happens in every human relationship, and an exceptional romance is no exception.

- In these times, what will feed and maintain your heartfelt understanding, giving, trust and passion is the truth.
- When things are going well and something upsets you, it's tempting to suppress it, not wanting to disturb the peace. But these upsets need to be dealt with in the moment or else they build up and become unmanageable.
- In the moment, harness your courage and embrace honesty so you can share your experience with your partner.

Discipline 8: The Discipline of Loving Truth: The Power of Vulnerability

- This is an art – expressing mild upset without creating even bigger upset. However, when something goes wrong, you must express yourself spontaneously, in the moment, from the heart.
- It's crucial to set the context carefully for anything you share. Remember to use phrases that avoid blame and save face.
- Try something like:

  "Darling, I know it wasn't your intent, but I just had an emotional reaction that I'd like to share with you. I'm just funny that way. I felt that {this happened}. Could you help me with this? I'd really appreciate it if you could…"

Don't be afraid to be vulnerable!

Skill 6: Uncover and Create Alignment

Are you truly compatible with your partner, or do you belong somewhere else? Will you ever be able to experience your authentic selves together with passion, or are your interests just too different?

- Selection is a crucial part of a relationship. However, every relationship goes through times of investigation and re-evaluation.
- Once you understand the differences between you and your partner, you have a choice to make: whether to commit to your partner for the long term or to end the relationship and reselect.
- If you choose to commit, the skill of alignment is about recognizing and appreciating your differences so that they enrich your lives rather than create friction.

Discipline 9: The Discipline of Utilization: The Power of Higher Meaning and Constant Growth

- When life (or your partner) gives you something that causes pain, you have two choices: 1) punish yourself or your partner with it and suffer or 2) learn from it and apply it to your future. Choose the second option! Learn, adapt and enjoy life. It's what we're designed for!
- When you have conflicts or misunderstandings with your partner, choose to appreciate and embrace these differences and change your approach. This is the path of ultimate growth.

Discipline 10: The Discipline of Gratitude and Power: Appreciation Is the Power

- Relationships can feel dampened by familiarity and habit. They can make us lose sight of what's most important – that your lover is the unique person in the world who is closest to you.
- You are the bearer of special knowledge of your lover's innermost secrets, desires and individuality. Appreciate that! Get the perspective that allows you to celebrate your unique and special relationship.
- Loving and appreciating your life partner is a great way to love and appreciate your life.

Uncovering and creating alignment with a partner you love is the path of greatest growth in a relationship.

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Skill 7: Live Consciously: Be an Example

If we were to examine our beliefs and behavior patterns under a microscope, we'd realize that most of what we do and believe is not chosen consciously.

- Many of our appetites, desires, opinions and behavior patterns were absorbed unconsciously at an early age from the people around us – our parents, family and siblings – even if we never chose those things deliberately.
- Many of us live life in default mode, unconscious about the choices we are making every day. When we try to make a shift, though, we may encounter resistance from those we love.
- Master Skill 7 asks you to apply yourself to all the relationship skills and disciplines. Have the courage to create a new example in your life of what is possible.
- Breaking out of age-old patterns takes discipline, focus and consistency – as well as playfulness, passion and the ability to handle surprises!

This Skill Applies to All 10 Disciplines of Love

These skills define your ability to sustain any relationship in your life, including those with friends, family and colleagues. Develop these skills within yourself, and check in regularly to see whether you are living the disciplines.

Day 2: Action Plan

Score yourself on the 7 Master Skills of Relationships and the 10 Disciplines of Love so you can understand where you are now. *Singles:* If you are not presently in a relationship, how have you used these skills in a former relationship or with someone close to you?

Skill 1: Heartfelt Understanding	Discipline 1: Putting Your Lover First
Score Yourself (1–10) _____ How can you express heartfelt understanding of your partner's emotional patterns and commit to being there for them?	*Score Yourself* (1–10) _____ How can you show your partner that they are the most important thing in your life?

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Skill 2: Give Your Partner What They Really Need	Discipline 2: Loving No Matter What
Score Yourself (1–10) _____ What do you think your partner really needs? How could you meet their needs at a higher level?	*Score Yourself* (1–10) _____ How can you increase your dedication to loving no matter what? How do you think your relationship would change?

Skill 3: Create and Build Trust and Respect	Discipline 3: Being Yourself: Emanate and Express Your Natural Essence and True Core
Score Yourself (1–10) _____ What impact do you think the presence of, or lack of, trust and respect has in your relationship? What can you do to strengthen it?	*Score Yourself* (1–10) _____ What could you do to feel more comfortable with yourself and with your partner? How could you create deeper trust in your own intentions and those of your part?
	Discipline 4: Positive Intent: Eliminate Threats and Judgment and Remember the Power of Language
	Score Yourself (1–10) _____ Do you and your partner judge or threaten each other, even in subtle ways? How could you better show your positive intent to your partner?
	Discipline 5: Freedom: The Power of Forgiving, Forgetting and Flooding
	Score Yourself (1–10) _____ What would happen if you could completely forgive your partner? What would change if you could flood yourself with positive memories and complete love?

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Skill 4: Reclaim Playfulness, Presence and Passion	Discipline 6: Daily Intimacy & Full Engagement: Open Your Heart and Hold Nothing Back
Score Yourself (1–10) _____ What do you do to express playfulness in your relationship? In what ways are you present for your partner? How could you be more present for your partner?	*Score Yourself* (1–10) _____ Do you have a daily ritual that you celebrate with your partner to embrace your intimacy? How could you be more open to your partner?
	Discipline 7: Polarity: The Power of Dancing Energies
	Score Yourself (1–10) _____ How do you celebrate your masculine or feminine energies? What could you do to create that polarity?

Skill 5: Harness Courage and Embrace Honesty	Discipline 8: Loving Truth: The Power of Vulnerability
Score Yourself (1–10) _____ Do you have the courage to be honest, even when things aren't going well? What could you do to be more honest with your partner?	*Score Yourself* (1–10) _____ Do you express things in the moment to your partner? How comfortable are you being vulnerable in front of your partner?

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Skill 6: Uncover and Create Alignment	Discipline 9: Utilization: The Power of Higher Meaning and Constant Growth
Score Yourself (1–10) _____ Do you and your partner have certain goals in common? How well-aligned are your beliefs?	*Score Yourself* (1–10) _____ What's good and beautiful about your relationship right now? What higher meanings have you discovered from the difficulties you have experienced together?
	Discipline 10: Gratitude and Giving: Appreciation Is the Power
	Score Yourself (1–10) _____ Do you appreciate the things and people you have in your life, or do you take them for granted? How do you show your appreciation?

Skill 7: Live Consciously: Be an Example	All 10 Disciplines of Love
Score Yourself (1–10) _____ What kind of an example are you for those in your life who may be looking to you for guidance?	*Score Yourself* (1–10) _____ What disciplines do you already have in place and practice that help create the foundation for lasting passion and love?

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DAY 3 – BACK FROM THE EDGE: CREATING EVERLASTING LOVE

Today's session demonstrates the dramatic changes that take place when two partners in a relationship learn how to meet each other's needs.

In this session, you will learn how to identify your most valued needs, as well as your partner's most valued needs. When you know how to meet both sets, the keys of the relationship kingdom are yours.

Summary: Jenn and Paul

Paul stands up and is looking for a way out of his relationship. He says he's no longer attracted to his wife, yet he just "can't" leave the relationship. His wife, Jenn, is also in the audience, and she says that she had wanted to leave the seminar earlier that morning. The reason? She wanted to go home and get love from her kids.

On top of it all, their relationship is complicated by financial challenges as well as entanglements with Jenn's family. In the intervention, you'll hear Tony help the couple discover what their partner really needs by discussing the 6 Human Needs.

Key Points:

- Paul has not met Jenn's top Human Need for certainty, so she doesn't feel safe with him. She is getting her safety and connection from other people in her life, including her family and her children.
- Paul feels insignificant and ignored in the relationship, so he's trying to reclaim his sense of significance by threatening to leave. This temporarily gives him power in the relationship, but that power will not last.
- They think their problems have to do with family, money, career and childrearing. However, the real source of problems is that neither partner feels that they are each other's first priority.

The 6 Human Needs in Relationships

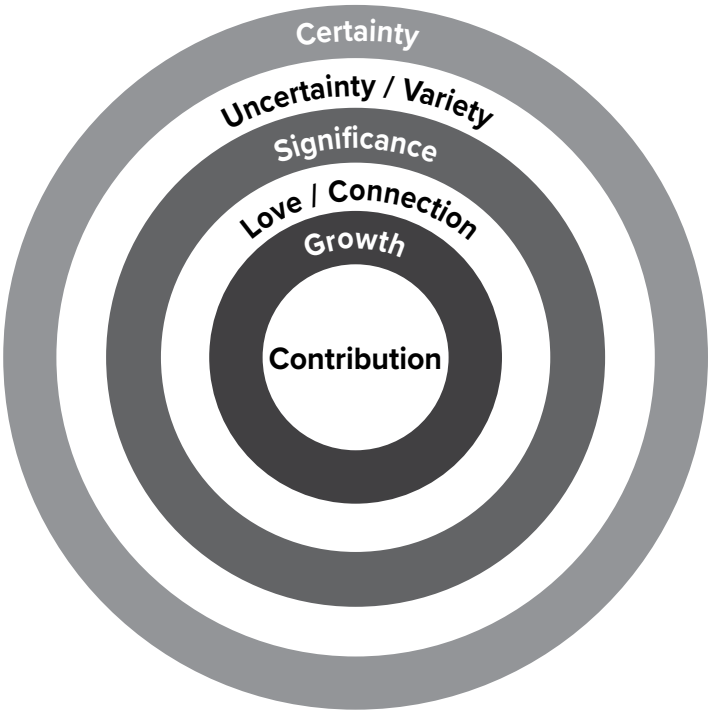
You can transform any relationship by understanding and harnessing the power of the 6 Human Needs.

Discover which needs your partner values – and what has to happen to meet those needs. If you can learn that information, you will find the secret button that will drive your partner crazy (in a good way)!

When two partners meet each other's needs, they create a lasting, unbreakable bond.

The 6 Human Needs Are:

1. **Certainty:** Certainty that we can be comfortable – to have pleasure and avoid pain.
2. **Uncertainty/Variety:** Variety and challenges exercise our emotional and physical range.
3. **Significance**: Every single person needs to feel special, important, needed and wanted.
4. **Love/Connection:** Everyone needs connection with other human beings, and everyone strives and hopes for love.
5. **Growth:** Everything is either growing or dying. We need to constantly develop emotionally, intellectually and spiritually.
6. **Contribution:** We all desire to go beyond our own needs and give to others. Everything in the universe contributes beyond itself, or it is eliminated.



In one way or another, we meet these needs every day. We all have different ways of meeting these needs – and there are literally *millions* of ways to meet them.

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Explore Jenn and Paul's Intervention

1. What needs do you think Jenn and Paul were not meeting for each other before the intervention? From what you know about their relationship after the intervention, how do you think they are meeting those needs now?

2. What needs do you think Paul valued most at the start of the intervention? Why do you think this caused friction in their relationship? What about for Jenn? What were her most valued needs? How did they affect the relationship?

Questions to Explore Your Life

1. How well do you think you are meeting your partner's needs? How do you think you could meet their needs at a higher level right now?

2. What are a few things that you enjoy – ones that make you feel loved? How do you think your partner would answer that question, for you and for themselves? Ask them and compare notes. You might be surprised at the result!

   Singles: Think about what it takes for you to be loved. Think back to a past relationship and what it took for your partner to be loved. How do you think they would answer this question?

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Day 3: Action Plan

The 6 Human Needs are the most effective way to track the level of happiness and fulfillment in any human relationship. Take a moment to score the ways in which you and your partner are meeting each other's needs right now.

Singles: Instead of focusing on a current relationship, think back to a past relationship. By understanding the past, you will build your future.

Understanding Your Partner's Needs

Rank your partner's 6 Human Needs, in order of importance.

1. _____ **4.** _____

2. _____ **5.** _____

3. _____ **6.** _____

From your partner's perspective, how well have you been meeting their needs?			
Need	**Score**	**Need**	**Score**
1. Certainty		**4.** Love/Connection	
2. Uncertainty/Variety		**5.** Growth	
3. Significance		**6.** Contribution	

Choose your partner's two most important needs. Brainstorm three specific ways you could meet each need for your partner.

Need #1: _____

1. _____

2. _____

3. _____

Need #2: _____

1. _____

2. _____

3. _____

Understanding Your Needs

Rank your 6 Human Needs, in order of importance.

1. _____ **4.** _____

2. _____ **5.** _____

3. _____ **6.** _____

From your perspective, how well has your partner been meeting your needs?			
Need	**Score**	**Need**	**Score**
1. Certainty		**4.** Love/Connection	
2. Uncertainty/Variety		**5.** Growth	
3. Significance		**6.** Contribution	

Choose your top two needs and think of three ways your partner could meet this need for you.

Need #1: _____

1. _____

2. _____

3. _____

Need #2: _____

1. _____

2. _____

3. _____

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Something to Think About

What are some ways that someone's life would be different if they valued certainty over love/connection? How about if they valued uncertainty over significance? What if someone's top need was growth? How would that be different from someone who valued significance over anything else?

Now, think of your top two needs. What would change in your life if one of them changed?

"Know the true nature of your Beloved.
In his loving eyes, your every thought, word
and movement is always, always beautiful."
– Hafiz

Discuss with Your Partner

1. **Ask your partner how they would like to have their needs met.** Discover what has to happen for them to feel that their top three needs are being met. The more specific you get, the easier it will be to discover the triggers that will allow you to satisfy your partner's needs, thereby deepening love, attraction and understanding.

2. **What you would appreciate from your partner?** Make sure to phrase your needs with humility, love and respect. Share your list with your partner, and brainstorm ways of meeting your needs.

   Be aware that your partner may interpret this as a trade-off: "Since I gave you yours, now you owe me mine." If this is a concern, wait until another day or occasion to discuss this second question with your partner.

   Notes:

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Questions for Singles

1. What did you discover about the way you have met your partner's needs in the past? How about your own needs and whether they were met in past relationships?

2. What is your new standard for meeting needs in a relationship? How will you communicate your needs to your partner? How will you inquire into your partner's deepest needs?

NOTES

"Deep within man dwell those slumbering powers; powers that would astonish him, that he never dreamed of possessing; forces that would revolutionize his life if aroused and put into action."

– Orison Swett Marde

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Sometimes, our partner's emotional patterns are a mystery to us. One day, they are happy and passionate. The next day, they're grumpy and shut down. Today, you'll learn the fundamental principles necessary to understand the beliefs, behaviors and challenges of anyone you meet.

Summary: Tahnee

Tony asks for someone in the audience who is depressed, and Tahnee stands up. Initially, it may not appear that she is truly depressed, but it becomes clear that Tahnee follows a "crazy eight"-type mood swing. Tahnee learns how these mood swings serve to meet her 6 Human Needs – in a destructive way. Specifically, the mood swings push away people in her life and prevent deep relationships from forming. Armed with a new self-understanding, Tahnee can discover positive ways to meet her needs.

When you look at Tahnee's story in terms of the first Master Skill and Discipline of Love, you'll see how Tahnee's focus on her own needs was actually the barrier to finding fulfillment with her boyfriend.

The 7 Master Skills of Relationships	The Laws of Love: The 10 Disciplines of Lasting Love & Passion
Skill 1: **Heartfelt Understanding** →	**1.** Live the Discipline of **Putting Your Lover First:** It's Not About You!

Once she got out of her own way, she got married and started a dream life with her new husband.

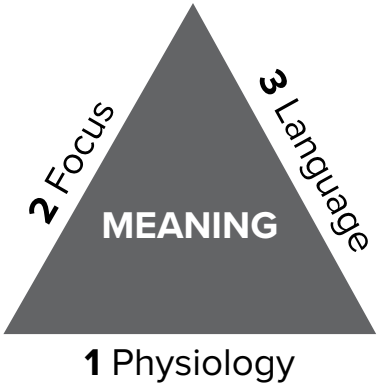
Key Points:

- There is a pattern of focus, physiology and language to any emotion.
- People are always trying to fulfill their 6 Human Needs.
- The quality of your life is in direct proportion to the amount of uncertainty you are comfortable with.
- People often hold onto safe problems as a way of avoiding the quality challenge in their lives. Tahnee's depression was a safe problem that served to distract her from a quality challenge in her life: the challenge of entering an intimate relationship.

EMOTION: THE FUEL OF CHOICE

The Triad

Emotions don't just happen to us. We *do* emotions.



6 Human Needs Exercise

1. Look back to the exercise you completed in Day 3. What are your top two driving Human Needs?

2. How do you meet these needs in:

Positive Ways	Negative Ways

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3. What positive vehicles could you use to replace the negative ways that you currently meet these needs?

4. If you have a partner, what are their top two Human Needs?

5. In what ways do they consistently meet those needs in:

Positive Ways	Negative Ways

The Crazy Eight

Some people utilize a crazy eight to alternate between emotions that help them meet their needs. In Tahnee's case, she used depression as a way to connect with herself. However, when the depression made her feel too weak, she snapped out of it with anger.

We all experience some kind of crazy eight pattern, because we all have a need for emotional variety. Many people live their lives alternating between depression and anger, for example. However, you must be sure that your crazy eight doesn't make your decisions for you. Anticipating your need for emotional variety allows you to give yourself different things to focus on at different times.

1. If you had a crazy eight emotional pattern, what would it be (e.g., anger/helplessness, being controlling/withdrawing, trust/distrust)?

2. Tahnee's crazy eight revolved around the issue of trust – a necessary part of a relationship that she had not been able to create. What is your crazy eight about?

3. Does your partner have a crazy eight? What is that about? What is your partner struggling with? What do they need?

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The 2 Types of Problems

Quality problems involve a risky, forward-thinking decision that will often take you to another stage of progress in your life, such as: career decisions, committing to a new relationship or embracing a new standard in your life.

Safe problems are lingering, self-imposed feeling-states that come from a lack of sustainable ways to meet your needs and a lack of vision for your life, such as depression, addiction, blaming others, avoiding decisions and withdrawing from relationships. If you are getting upset without taking action or if you are upset about factors that are out of your control (such as events in the past), then you are maintaining a safe problem.

Take control of your ability to influence your own emotions. Make a shift in your Triad: your physiology, focus and language patterns.

Remember: Problems are a sign of life!

1. What are some problems that have been a regular challenge for you?

2. What are the risks associated with this problem? What if you succeed? What if you fail?

3. Does having this problem meet any of your 6 Human Needs? Which ones?

4. Is this a self-imposed *safe* problem or a *quality* problem? If it's a safe problem, can you think of an underlying quality problem that it's related to? What can you do about it?

5. Now consider your problem from this point of view. If you were to completely annihilate the safe problem from your life, how could you step up? How could you raise your standards? What would you do? How is this an opportunity to take your life and your relationship to a whole new level?

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Explore Tahnee's Intervention

1. Think about the first Master Skill: Heartfelt Understanding. Did Tahnee understand herself? Did she show any understanding of her boyfriend's needs?

2. What did she learn about heartfelt understanding through the intervention and in her own life after the intervention?

3. Do you think Tahnee practiced the first Discipline of Love: Put Your Lover First prior to the intervention? Why or why not? Did anything change?

4. What were some of the predominant emotions in Tahnee's life?

Questions to Explore Your Life

1. How do you express heartfelt understanding to your partner? If you're not in a relationship, how have you demonstrated this in the past?

2. Can you think of an example of how you could improve your practice of the first Discipline of Love: Put Your Lover First? If you aren't in a relationship, how have you followed or not followed this discipline in your past relationships?

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Day 4: Action Plan

Everybody has emotional patterns they use in their lives. These patterns can take over your life if you aren't careful. Take a moment to investigate your own patterns so you can create the emotions that you want to experience more of in life. This exercise is for singles, too!

1. In the chart below, write down the frequent, predominant emotions you experience during the course of a week. Circle the top two of each – the ones you experience most profoundly or most often.

Disempowering Emotions	Empowering Emotions

2. How do your disempowering emotions meet your 6 Human Needs?

3. How do these emotions harm your life?

4. What new emotion could you choose now? What could you do with your body, focus and language to embody this emotion and make it a habit?

"If you would be loved, love and be lovable."
– Benjamin Franklin

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In this session, we will explore the second Master Skill: Give Your Partner What They Really Need. Sometimes what matters most in a relationship is not what you *can* give your partner but what you *will* give. Today, we'll explore levels of giving and the natural consequences that these levels create for you and your partner.

We'll also explore the matching Discipline:

The 7 Master Skills of Relationships	The Laws of Love: The 10 Disciplines of Lasting Love & Passion
Skill 2: **Give** Your Partner What They Really **Need** →	**2.** Live the Discipline of **Loving No Matter What:** The Power of Love, Adoration & Praise

What would happen if you only met your partner's needs when they were meeting your needs? It would be impossible to move forward. Many people instinctively give in that way: as soon as they feel uncomfortable, offended, ignored or hurt, they withdraw. That kind of giving causes damage, and it often turns romantic partners into enemies. When you love no matter what, you continue to give no matter the circumstances are. When your partner understands that you will love them no matter what – and you feel that same commitment from your partner – your relationship will become bulletproof.

Summary: Marcus and Belle

Marcus and Belle were successful, young and attractive. However, when their life circumstances changed – they had their first baby and Belle stayed home as a mom – the passion suddenly died. The child was now number one for Belle, their sex life was nonexistent and Marcus felt so shut out that he had an affair.

At the point when they met with Tony, Marcus was repentant, but it seemed impossible to rebuild trust, respect and passion in the relationship. Tony takes the couple through the three levels of relationships, and both partners discover that their behaviors have been one-dimensional (selfish). Tony teaches them about the importance of giving to each other, putting each other first and choosing better role models. The intervention ends with the couple renewing their commitment to the relationship and to each other.

Key Points:

- When one partner repeatedly denies the other partner's requests, they will go into deadlock, where neither partner's needs are met.
- The more selfless a couple can be, the more durable and flexible the relationship will become. Commit to giving to your partner, and you will be able to overcome changing life circumstances.
- Become conscious of the examples of relationships that influence you.

The 3 Levels of Relationships

Level One: Selfish Love My Needs Come First
This is the least mature level, in which one or both partners are focused on meeting their own needs first. The relationship is fragile. There is an erosion of trust, and there is regular conflict or dispute. Every gesture, every gift, every concession or compromise has strings attached. Nothing is given of free will. Everything is offered as barter or for personal gain. Everything is a ploy, a calculation or an advance payment that creates debt in the relationship. It is difficult to accept love because it's not clear what the price might be for doing so.

Level Two: Conditional Love You Get Yours and I'll Get Mine
This level indicates a subtle agreement between the couple: *You get yours and I'll get mine.* There is always a weighing of *mine* and *yours*, and there is the ever-present danger of devolving to Level One selfishness: *I didn't get mine, so you don't get yours.* In many couples, Level Two is based on common consideration and fair exchange, but often there is so much independence and inequality between the couple that the partners lose the ability to move each other at all. Everything is polite and sexually neutral.

Level Three: Unconditional Love The Other's Needs Come First
Both partners put the other's needs first, and the passion flows. When one partner discovers the other's need, they meet that need spontaneously in the best way possible without calculating a payback. The partners are constantly making the effort to understand each other better in order to serve each other more deeply. They love each other unconditionally, and nothing is needed for love to be expressed. When there is a foundation of trust, you can express yourselves in darker and naughtier ways to give your relationship an exciting edge. If the center of gravity of your relationship is at Level Three, you are enjoying one of the rarest and most precious experiences of life.

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What Level Is Your Relationship?

Your challenge is to develop your relationship into a consistent Level Three. Keep in mind that both partners will determine the level. A person playing at Level Three is not going to stick around with a Level One person. Either they will be dragged down to Level One because they feel they are being taken advantage of, or they will leave the relationship, unless their partner is able to raise their level.

1. At which level do you operate most within your relationship? Where do you want to operate? How will that change your relationship?

2. *Singles:* Which level have you primarily occupied in former relationships? What level are you committed to in your future relationship? What will that do for you and your partner?

Relationship Deadlocks

A deadlock takes place when one partner makes a request and is repeatedly denied. If the partner making the request has to ask again – while the other continues to resist and withhold – any and all giving and receiving in the relationship will become an implicit battle for control.

Relationships are about feeling that needs are met and shared. Every time a partner's needs are disrespected, resisted or ignored, the relationship deteriorates. Every time a partner does something to selfishly gain control, both partners lose confidence that their needs can be shared.

1. Take a moment and think of a recent time when your partner requested something from you. How did you perceive the request? Did you perceive it in a Level One way – as a demand upon you? Did you perceive it in a Level Two way – assessing whether the request was fair or justified? Or did you perceive it in a Level Three way, where you seized upon the opportunity to put your partner's needs first?

2. Which role are you playing: the person making the request or the person saying no? How important is the request to you? How important is it to your partner?

3. What decision can you make now to avoid relationship deadlocks in the future?

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Role Models

We all have role models who have influenced our lives, whether consciously or unconsciously. When you realize you've held someone up as a role model, it's important to ask what kind of results they've gotten. Their results will predict yours.

1. Whose example influenced the way you live in a relationship? Did you deliberately decide to imitate this person, or did you follow the example unconsciously? What needs were you meeting by following this example? What kinds of relationships did your role model have? Were they Level One, Two or Three relationships?

2. How has your role model affected your relationships? How has their example helped you? How has it created limitations?

3. What beliefs do you hold about what a relationship should be or shouldn't be? Are there ways you have protected yourself or held back from your intimate partner as a result?

Explore Marcus and Belle's Intervention

1. Think about Master Skill 2: Give Your Partner What They Really Need. Which of Belle's needs was Marcus meeting? At what level was he meeting them?

2. Which of Marcus' needs did Belle meet or fail to meet? What was her motivation?

3. Think about the second Discipline of Love: Loving No Matter What. Was Marcus loving Belle no matter what? How did that affect their relationship?

4. Was Belle practicing Discipline 2? What were her conditions?

5. Tony talks to Belle about her role models. What had she learned positively and negatively from her choice of role models? How did that affect her relationship?

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Questions to Explore Your Life

1. How do you practice Master Skill 2: Give Your Partner What They Really Need? What do you think your partner really needs? How can you give it to them?

2. In the audio, Tony says, "If things are going to get better, you have to speak the unspoken." What's going unspoken in your relationship now? *Singles:* How good were you in your past relationships with speaking the unspoken?

3. Are there needs you attempt to meet outside of the relationship? Which ones? How do you think this affects your relationship?

Day 5: Action Plan

Take a moment to consider how the three Levels of Relationships operate in your life. Go through these questions and answer them honestly, based on your current relationship.

Singles: Think back and consider your patterns in a past relationship.

1. At what level are you playing in your relationship? Why are you there? What's the consequence of playing at that level?

2. Where is your partner playing? Why do you think that?

3. What could you do to jump this relationship to a new level? What could you share with your partner from your soul?

Do it! Do something today that you would usually not do.
Be creative. Have fun! Be fearless!

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DAY 6 – RELATIONSHIP STORMS: MAN ENOUGH TO STAY THE COURSE

Trust is not formed when times are easy. It is during great stress and uncertainty that your ongoing commitment to your partner creates mutual trust. Today's session is about Master Skill 3: Create and Build Trust and Respect.

There are three disciplines associated with this skill:

The 7 Master Skills of Relationships	The Laws of Love: The 10 Disciplines of Lasting Love & Passion
Skill 3: **Create** and Build **Trust** and **Respect** →	**3.** Live the Discipline of **Being Yourself:** Emanate & Express Your Natural Essence & **True Core** **4.** Live the Discipline of Knowing Your Partner Only Has **Positive Intent:** Eliminate Threats & Be Conscious of Judgments & **Remember the Power of Language** **5.** Live the Discipline of **Giving Freedom:** Unleash the Power of **Forgiving, Forgetting & Flooding**

In today's session with Darryl and Samantha, the focus is on what someone with masculine energy needs to do to show up and be present for their partner.

Summary: Darryl and Samantha

Darryl and Samantha are on the verge of divorce. They have gone days without speaking, and Samantha has started drinking. When Samantha explains their problems, it's clear that she believes it's impossible to change the course of their lives together. Tony has Samantha get very specific about what she wants in order to feel loved. He also redefines Darryl's masculine emotions as positive characteristics. This not only strengthens Darryl's masculine core, but also gives Samantha something to look forward to. Then, Tony leads them through a process that will allow Samantha to reclaim her femininity and Darryl to reclaim his masculinity. This helps them break the cycle of pain and distrust – and gives them something to work toward together.

Key Points:

- Trust and respect are the cornerstones of any relationship, and they are necessary when rebuilding or strengthening any relationship – romantic or otherwise.
- Tony asks Samantha to be very clear and specific about what has to happen for her to feel loved. It is very important to be clear on this in your own relationship.
- When the feminine partner has an emotional storm, the masculine partner needs to get rooted and stand strong. Being strong and dependable builds emotional trust and allows the feminine partner to open up with vulnerability and playfulness.

The Art of Building and Rebuilding Trust

Trust is not formed during easy times but during defining moments of difficulty and stress. During stressful times, our loyalties, priorities and commitments come into question. This is the time to step up, face your deepest fears, tap into your inner strength and give your partner what they need most.

When you build trust during times of difficulty and stress, you build a foundation that will allow the relationship to grow and flourish.

When you fail to build trust during those moments, you miss out on an important opportunity to deepen your relationship. Over time, your relationship will be significantly weakened.

Even at times of great pressure, take the opportunity and put your partner first. This will create a strong bond of trust and love in your relationship.

Trust and the 3 Levels of Relationships

In a Level Three Relationship...
All heck can break loose, and yet both partners know that they are not going to get left behind.
In a Level Two Relationship...
You can trust your partner – but only as long as their needs are being met. Eventually, in a Level Two relationship, one partner might say, "Look, this is unreasonable. I have to meet this need, and you must be responsible for your needs as well." Then, the relationship will drop down to a Level One relationship.
In a Level One Relationship...
The partners exist in an environment of scarcity. Both partners compete to see whose needs get met and who is going to go without.

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The 5 Stages of Building Trust

Stage 1: **Commit and Declare**

- You can't build trust by focusing on yourself. You can't say that you will create trust once you've gotten what you want.
- Declare your absolute commitment to your partner.

Examples

"I love you too much to argue with you."

"I love you, and I will take care of you no matter what."

Stage 2: **Create Heartfelt Emotion**

- Breathe deeply, put your hand on your heart, look into your partner's eyes and express your love.
- Put yourself into your partner's shoes. More importantly, feel your partner's position and their emotions.
- Stay in your heart until all negative emotions are outweighed by gratitude and love.
- Invite your partner to join you in breathing into your hearts. Close your eyes, and breathe into the area of your heart. Don't think. Feel. When you open your eyes, think again of everything from your partner's point of view.

Stage 3: **Share, Listen, Learn**

- Tell the truth about your feelings, and listen to your partner without trying to fix or resolve anything.
- Your partner may express doubt, hesitation, regret or disappointment. Show your loving determination to put your partner first and to honor their need for love.
- Don't see your partner's feedback as an attack. See it as an opportunity to express more love.
- Whatever your partner says, give them a loving response.

Stage 4: **Align and Create Your Vision**

- Align with your partner and create a compelling future.
- Hear your partner's requests, learn about their needs and think of ways to meet them.
- Repeat your declaration of love and commitment.
- Think of ways to create a common vision for the future, combining your needs and your partner's.

Stage 5: **Act of Love**

- Always end difficult conversations with an act of love: a kiss, a hug, a reference to a happy memory or a promise.
- If you cannot end with an act of love, then you have not succeeded in building trust. Go back to Stages 1-4.

Trust is either won or lost. There is no third option.

The next time you are in a difficult conversation with your partner, take a moment to understand which stage you're in. Then work to build trust by taking the conversation through these stages, ending with an act of love.

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The Importance of Presence

Presence Exercise: For Men

- Look into her eyes. Go to what she's thinking about. Share her emotions.
- Go to her feelings, even if they are negative and opposing you.
- Don't try to change her. Just be with her.
- While staying physically solid, imagine going into her body and feeling what she's feeling, experiencing what she's experiencing.
- Don't posture or position. Don't worry about what you look like. Just focus your total attention on feeling and understanding her.

Reality Check

Presence doesn't necessarily mean staring silently into and at your partner. You must understand how your partner communicates. If they are biased toward auditory communication, communicate your commitment to your partner verbally. If they are visual, present visually to them, watching for their response. If your partner is kinesthetic, your job is to caress and hold them during the exercise.

Heart Exercise: For Women

- Go to your heart, and let it open to him. Feel his full presence.
- If he seems distracted, scared or stuck, give him a slap on the shoulder. You're not trying to hurt him, but you are giving him direct feedback to help him become fully engaged, to bring him to full attention.
- Help him to be present for you. This is the greatest gift you can give him.
- When you feel his full presence, reward him with a hug and a kiss.

Reality Check

Be true to your feelings. Don't hold out! This is the time to be connected to your heart. If you can feel your partner's earnest effort, his confidence and his devotion, encourage him!

Explore Samantha & Darryl's Intervention

1. Think about Master Skill 3: Create and Build Trust and Respect. What had Darryl been doing that failed to build trust and respect in his relationship? What did he learn to do during the intervention to help build trust and respect?

2. What was Samantha's greatest challenge with Master Skill 3: Create and Build Trust and Respect? What did she learn during the intervention that helped her improve in this skill?

3. What did Samantha and Darryl learn about Discipline 3: Emanate Your Natural Essence and True Core? How had they not been living this discipline prior to the intervention?

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4. How did Discipline 4: Positive Intent, show up during the intervention? How does Master Skill 3: Create and Build Trust work with this discipline?

5. What does today's session teach about Discipline 5: Freedom: The Power of Forgiving, Forgetting and Flooding? What impact does flooding have on Samantha and Darryl's experience?

Questions to Explore Your Life

1. How do you express Master Skill 3: Create and Build Trust and Respect in your relationship? How do you think you could increase trust and respect with your partner?

2. *If you are feminine:* How does your partner react to your storms? How does that make you feel? What do you want from your partner during times of stress or unease?

   If you are masculine: How do you react to times of stress or uncertainty? Are you rooted in the storm? How could you become more rooted during these times?

3. Do Samantha and Darryl remind you of anyone you know? What did you learn from Samantha and Darryl's example?

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Day 6: Action Plan

The Heart Breathing exercise will help you rebuild trust during times of conflict. It will put you in your emotional center, where heartfelt understanding is effortless. From that state, you can make more heartfelt and integrated decisions for your life and your relationship.

Exercise: Heart Breathing

1. Think of something that has been upsetting you, something that bothers you enough to make a physiological impact on you.
2. Breathe into your heart and feel its power and intelligence. Don't think. If you find yourself in your head, return your attention to your heart for two minutes.
3. When you're finished, ask your heart what you need to know. Accept the first answer.
4. Go to your partner, give them something and make a commitment to them.

NOTES

"That love is all there is, is all we know of love."
– Emily Dickinson

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Today, we will cover Master Skill 4: Reclaiming Playfulness, Presence and Passion. Once you have created the base of heartfelt understanding, giving and trust, you can take your relationship deeper into the realm of passionate intimacy. In order to experience this at the deepest level, it's important to practice the two related disciplines:

The 7 Master Skills of Relationships	The Laws of Love: The 10 Disciplines of Lasting Love & Passion
Skill 4: **Reclaim** Your **Playfulness, Presence** and **Passion** →	**6.** Live the Discipline of **Daily Intimacy** & Full Engagement: Open Your Heart & **Hold Nothing Back** **7.** Live the Discipline of **Polarity: Enjoy the Power of Dancing Energies**

Summary: Arantza and Alan

In the final minutes of a weeklong seminar, Arantza stood up to object to a point Tony made about intimacy. She didn't want more intimacy, she said. She wanted more space and time alone. It turns out that she was separated from her husband and pregnant with their second child. The problem? Although he approached her on a regular basis, she had an involuntary reaction of displeasure and disgust. Tony recognizes the buildup of frustration in the relationship and guides Alan to understand Arantza's needs and preferred communication styles. Within a few minutes, Alan was able to break through to Arantza for the first time in years. Two years later, we learn that they have been happily raising their two children together.

Key Points:

- In establishing intimacy with your partner, it's essential to understand their preferred way of receiving information – verbal, auditory or kinesthetic. Everyone has a way they like to be seduced. Learn your partner's preferences and drive them wild!
- Learn the chemistry of transformation: the stages of discontent that lead to somebody making a firm, bold decision to change their life or their relationship.
- In relationships, it's important to make your partner a raving fan. Intimacy blossoms when you are everything for your partner and you can take them places they have only dreamed of.

6 Steps to Renewing Intimacy With Your Lover

Do this step-by-step exercise to explore ways to completely revitalize your intimate relationship. This exercise will help you discover more about your partner's needs, which can create amazing results.

Intimacy is about letting your partner under your skin, physically and emotionally. It's an opening and a vulnerability that must be earned, and, once earned, it must be appreciated, cherished and cultivated. Enjoy the journey!

Step 1: Specify What, When and Where

Most people have a perceptual bias in how they experience the world. Is your partner more receptive to visual, auditory or kinesthetic (touch) stimulus? Once you know how your partner responds to different stimuli, you can be much more effective in how you communicate and give to your partner.

If your partner is primarily an auditory person, keyed into language, tonality and rhythm, then they may not understand what you mean when you stare lovingly into their face. On the other hand, we all know people who do not get what you're telling them until you show them visually or get them to do something themselves.

Do you know how your partner responds to communication best? Watch them respond to different cues during the course of the day for clues, then answer these questions.

1. Does your partner respond best to your facial expression, your voice or your touch?

2. Rank these three types of stimuli in order of effectiveness for your partner.

   Visual _____

   Auditory _____

   Kinesthetic _____

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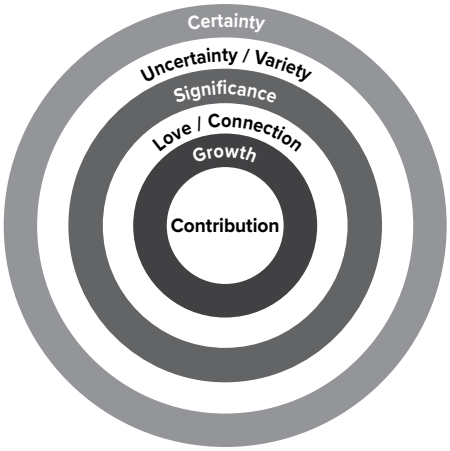
3. Are combinations effective for your partner? Do they need to be told something while being touched? Or do they need to see your face as well as hear you?

4. Which modality do you favor: visual, auditory or kinesthetic?

5. Talk with your partner about a time when they felt loved by you. Which modality were you communicating in? What specifically did you do to let your partner know much you love them? Open the lines of communication and experience a deeper level of passion with your partner. Then take a few notes below about your partner's answers:

Step 2: **Clarify Needs**

As you'll remember from Day 3, although we all have the same 6 Human Needs, we value them in different proportion.



1. Think back to your partner's top two needs from the Day 3 Action Plan. Can you think of some surprising ways to meet those needs? Be creative. Think of three or more ways to meet each one of your partner's top two needs.

   Need #1: _____

   Creative Ways to Meet That Need: _____

   Need #2: _____

   Creative Ways to Meet That Need: _____

Step 3: **Who Goes First?**

1. When neither spouse wants to be first in initiating love, intimacy cannot flow freely. However, most men and most women have a preference – even a fantasy – about how the affection should flow. What is your fantasy? What is your partner's fantasy? Who should initiate?

2. What does your partner have to do to let you know they really desire you? Be precise: Write down exact actions, looks or words.

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Step 4: **Commit**

If you are weighing alternatives to your relationship, you're not committed. If you're not committed, your relationship is dying, not growing. Passion comes from an element of uncertainty and even discomfort. If you want to experience the fullness of passion, you need to step out of your comfort zone and take some risks.

1. What risks have you been avoiding in your relationship?

Heart Meditation

This practice puts you in touch with your inner strength. Whenever you feel overwhelmed with feelings and thoughts, this simple meditation can cut through complications and anxieties and remind you what matters most to you.

This Heart Meditation is also available as a guided meditation within the *Breakthrough by Tony Robbins* app. Use this bonus audio to unlock a powerful state of heart intelligence that will bring you higher levels of clarity and connectedness.

- Breathe in your heart and feel its power. Think of a moment in your life when you felt deeply connected and grateful for your partner, for their love.
- Breathe deeply and close your eyes. Keep other thoughts away.
- Feel your heart beating and breathe into your heart. Think of a time when you felt really connected and grateful for your partner. Think of a second time when you felt really grateful for having your partner. Think of another time when you felt grateful for your partner and when you felt loved by them. Breathe deeply into your heart, and think of another time you felt connected – maybe a sexy moment.
- Ask yourself in this state: What do I need to do to reach in and feel and connect with my partner, to have them feel my inner strength and my inner love?
- Now open your eyes and do whatever feels natural.

Do the Heart Meditation, then turn the page and answer the next few questions with whatever first comes to you.

Ask Yourself...

2. Why are you grateful for your partner?

3. When do you feel deeply connected to your partner?

4. How can you increase the frequency and intensity of those times when you feel deeply connected to your partner?

Step 5: Experiment

Experiment with many ways of giving. Watch to see which things your lover enjoys most, and give them more of that. Be creative. There are many ways to meet the 6 Human Needs. Enjoy discovering which ones light up your partner!

1. Think back to your partner's communication style. What are some new ways that you could show your partner that you love them?

Don't be discouraged if everything you try doesn't work. It's a process. Think of it like a game, and enjoy experimenting with new ways of giving until you completely reach your partner. Notice how your partner responds each time, and learn from it.

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2. Are there some activities or special things from the early part of your relationship that you can reintroduce into your relationship to increase intimacy?

Step 6: **Open Up**

Intimacy is a matter of the heart. You will succeed when you are willing and able to feel your connection with your partner. Relax, breathe in your heart and enjoy whatever happens.

1. Have either you or your partner created barriers to intimacy? If so, what can you do to remove the barriers?

2. What can you do to open yourself to more intimacy?

3. How can you help your partner to become more open to intimacy and passion?

Explore Arantza and Alan's Intervention

1. Consider Master Skill 4: Reclaim Playfulness, Presence and Passion. Was Alan showing his presence? What did Alan learn was necessary to create presence? What is not necessary?

2. Was Arantza ready for Alan's presence? What was her greatest challenge to accepting him?

3. What is possible for this couple when Alan is present and Arantza is receptive to him?

4. How were Arantza and Alan pursuing Discipline 6: Daily Intimacy? How would their relationship change if they pursued this discipline wholeheartedly?

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Questions to Explore Your Life

1. If you are feminine, write about a time when you were completely playful with your partner. If you are masculine, write about a time when you were completely present with your partner.

2. What is something you could do right now to practice Discipline 6: Daily Intimacy? Could you create a ritual to enjoy more intimacy with your partner? What could you say or do to open your heart to your partner today?

3. What did you learn about polarity? How important is it for you capture your dancing energies and ignite the polarity between you and your partner?

Day 7: Action Plan

Do this exercise with your partner to experience the power of polarity.

During the exercise, one partner takes on the masculine role and the other the feminine. The masculine pays intense attention to the feminine as they both stand looking into each other's eyes. The feminine pays attention to her feelings to see if and when they are moved by the masculine presence. When the feminine feels the other's presence, they should respond spontaneously. The feminine may test the strength and dedication of the masculine, and the masculine must stay the course without recoiling or withdrawing.

It is important to cultivate the moments of success and learn what works for your partner. Focus on love to understand and to feel what is going on inside your partner. Don't focus on your own needs. Remember that your partner is who they are. You cannot change your partner. You can only change yourself.

For Partners with Masculine Energies:

Give the feminine energy in your life your presence. Get rooted in your life purpose and what you want to deliver to your partner.

For Partners with Feminine Energies:

Open up to the masculine effort. Don't fake it, but don't block it.
Be aware and be open.

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DAY 8 – RECLAIMING YOUR PASSION: UNDERSTAND, APPRECIATE AND RELATE TO THE ONE YOU LOVE

What's life like when you're head over heels in love? It's fun, carefree, exciting, incredible – and also a little scary! This area of our lives offers us both the greatest risks and the greatest rewards.

These feelings of fear and excitement can result from the same experience. The difference lies is the meaning you attach to it. If you become a master of meanings, you can master your relationships – and your life.

In this session, we'll continue to focus on topics within Master Skill 4: Reclaim Playfulness, Presence and Passion. You can magnify the experience of your relationship by practicing the two associated disciplines:

The 7 Master Skills of Relationships	The Laws of Love: The 10 Disciplines of Lasting Love & Passion
Skill 4: **Reclaim** Your **Playfulness, Presence** and **Passion** →	**6.** Live the Discipline of **Daily Intimacy** & Full Engagement: Open Your Heart & **Hold Nothing Back** **7.** Live the Discipline of **Polarity: Enjoy the Power of Dancing Energies**

Key Points:

- We are practically the only species on earth who de-emphasizes the difference between the masculine and the feminine. This is the source of many relationship upsets. Men are not just hairy women, and women are not just beautiful, complicated men.
- If you have pain in your relationship, that's a sign that you need to grow. Step up and make the commitment to close the gap between where you are and where you want to be.
- Everyone has two sides: the spirit side and the animal side, which you might also think of as light energy and dark energy. If the animal side/dark side is not alive, the relationship is not alive.
- Love without fear can melt any jagged fear that exists.
- Any relationship where both people are in a peak state is going to be a relationship in a peak state.

Breaking the Cycle of Fear

Relationships tend to trigger our two greatest fears:

1. "I'm not enough."
2. "I won't be loved."

A decision made from these fears – or any others you might have – is always the wrong decision. Many people make their decisions from a fearful place without even realizing it. Still others use fear as an excuse to avoid making any decision at all.

During these stressful states, all kinds of communication breakdowns occur. Recognizing these patterns is the first step in breaking the cycle so you can approach your decisions and interactions in your relationship with courage, not fear.

1. How do you communicate – verbally and non-verbally – when you're stressed? Do you yell? Make other people wrong? Attack? Withdraw? Sabotage? What do you do with your voice? How about your body?

2. Think back to the last time you communicated effectively, even in a state of upset. What did you do? If you don't believe you've ever done so, have you seen someone else model this? What did they do?

3. The next time you're stressed, what do you want to do differently?

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Dealing with Different States in a Relationship

In relationships – and in life – your state changes everything. Your state is the state of your relationship.

When two people are in a peak state, it's easy to create a relationship that's also in a peak state.

Peak State + Peak State = Peak Relationship

When one person is in a peak state and their partner is low, often the person in the peak state wants their partner to be happy. Their partner wishes to stay where they are, which can create tension.

Peak State + Low State = Anger, Lowered States and Disagreements

Remember the #1 principle to solve any problem in the middle of an argument: You can only be upset if you're focusing on yourself.

If you can use your peak state to love your partner in this scenario, you'll create an unbelievable bond.

The most dangerous zone of all is when both partners are low.

- Low-energy women get more masculine to protect themselves.
- Low-energy men tend to get more pleasing and feminine.

Recognize these patterns, and look to your Triad, which we talked about in Day 4, to help you move to a more resourceful state where you can access your heart.

How can you love the part of your partner that they are not loving in themselves?

Think of a time that you came home in a peak state and found your partner in a low state. How did you react? Would you approach this differently today?

Questions to Explore Your Life

1. How do you and/or your partner experience Discipline 7: Polarity: The Power of Dancing Energies? If you are feminine, how do you show your feminine side? How could you step it up and show more of your feminine power to your partner? If you are masculine, how do you demonstrate your masculinity to your partner? What could you do to step it up?

2. Do you embrace your spirit/light and animal/dark side? Which one is more dominant in you? In what ways could you embrace more of the energy you don't use as often? Come up with 3-4 ideas. Could you make one of them a ritual?

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Day 8: Action Plan

1. How effective are you at managing your state in your relationship? Where do you spend most of your time: in a peak state or a disempowered/low state?

2. Think of the last time you found yourself in a low/disempowered state. What were you focused on? How could you change that?

3. Think about the decisions in your life. Can you think of one you've been avoiding? Is fear keeping you from making that decision? What would it take for you to step up and make that decision with courage, not fear?

NOTES

"Love never dies a natural death. It dies because we don't know how to replenish its source. It dies of blindness and errors and betrayals. It dies of illness and wounds; it dies of weariness, of witherings, of tarnishings."

– Anaïs Nin

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At any point in your relationship – even when things are going very well – it's important to practice honesty and courage in the moment. Both partners must learn to communicate their feelings without either suppressing the truth or offending their partner. If you don't practice Master Skill 5, suppressed emotions will build up and eventually explode.

As you work with Master Skill 5, you'll also practice the eighth Discipline of Love.

The 7 Master Skills of Relationships	The Laws of Love: The 10 Disciplines of Lasting Love & Passion
Skill 5: **Harness Courage** and Embrace **Honesty** →	**8.** Live the Discipline of **Loving the Truth: Experience the Power of Vulnerability**

This discipline is a reminder that there is great strength in vulnerability, in being open and honest when you come from a place of love. It can open your relationship to help you and your partner experience a full range of emotions together.

Summary: Karen and Warren

Karen is at a large seminar in Australia. She raises her hand when Tony asks if anyone in the audience is suicidal. She says she feels like she cannot leave her husband and she cannot stay. Tony calls her husband, who is not at the seminar, and challenges him to come down to the seminar to face his wife, which he agrees to do. Tony discovers that their relationship has no intimacy. They are friends or roommates – but not lovers. He also uncovers that Warren has felt fearful of being strong, worried that he would "push the wrong buttons" or upset Karen. Tony challenges Warren, and eventually Warren takes over, breaking apart a chair on stage. Karen is a little frightened at first, but when Warren then turns his attention to her, she opens up and is ready to receive him. She allows herself to be vulnerable in the presence of this strong man, and a spark is ignited. Her respect for him grows, and they work to eliminate the mixed messages that had been choking their relationship.

Key Points:

- Karen and Warren's relationship demonstrated a double-bind. She wants him to be strong, but she tells him that she's scared of his strength, creating a contradiction.
- Double-bind communication is a daily experience for most of us. However, there are simple steps to overcome double-binds and create the results that you want in your relationships.
- It is important for partners to express all sides of their personality and to not limit themselves to try and please their partner. Warren tried to suppress his strength, which made Karen lose her trust and respect for him.

The Double-Bind

A double-bind occurs when one partner simultaneously requests two different things that are at odds with each other. In an intimate relationship, the other partner may want to take action, but then they feel that the other person isn't happy with the outcome, no matter which request the partner chooses to honor. It might feel like a "damned if you do, damned if you don't" situation.

The mixed messages may also result in the other partner not taking action at all. This creates a stalemate, which may cause the relationship to stagnate.

Examples of Double-Binds

Your partner tells you to "be spontaneous." This is a paradox. Although your partner is asking you to act on your own accord, it's impossible to fulfill this command without violating it as well. If you do something in response to the person's command, you're, by definition, not being spontaneous. You're merely reacting to the order. On the other hand, if you do nothing, you're also not being spontaneous.

A wife wants her husband to make more money, but she hates it when he stays at work late. If working late is necessary to making more money, then he doesn't feel he can win.

A double-bind is not an abstract concept. It is one of the most common triggers in relationships.

Where there is inaction, there is often a double-bind. There's no possibility for being rewarded for taking action.

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Straightforward vs. Double-Bind Communication

Which of the following patterns of communication do you think would be most effective?

Scenario One

One partner asks: *"Bring me a glass of water."*

The other partner fulfills the request by bringing the partner a glass of water.

Fulfillment of the request is acknowledged: *"Thank you."*

Scenario Two

One partner makes a request: *"Talk to me."*

The request is fulfilled and the partner reveals they feel sad.

Fulfillment of the request is not acknowledged.
The requesting partner scowls and looks away.

Can you think of a recent time when you might have given your partner mixed signals? How did they respond? What could you do in the future to communicate more directly?

5 Steps for Overcoming Double-Binds

Step 1: **Understand the Two Contradictory Messages and Their Consequences**

Double-bind communication is very common. Explore these questions to uncover confusion and uncertainty – and to decide how to respond to double-binds. *Singles:* Answer these questions in relation to a former relationship.

1. Are there any areas of your life where there is inaction surrounding a major issue or challenge?

2. Have you put yourself in a double-bind situation? Or are you receiving one from your partner? You may have double-binds in a number of relationships: at home, at work, with friends.

3. The first message in a double-bind situation is a direct command that is spoken out loud. What, in your case, was the first message?

4. The second message in a double-bind is the opposite or incongruent message. Often, this is the hidden message. What was your second message?

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Step 2: **Take Responsibility for Your Own Power**

What does it mean to take responsibility for your own power? Does it mean that you beat yourself up with guilt about what you did or didn't do in the past? Does it mean that you think only positive thoughts until you become powerful in real life? No. It means that you decide to value the solution over the problem. You can continue to feel "damned if you do and damned if you don't," or you can decide to get out of your dilemma and find another way.

1. Think back to when you found yourself in a double-bind. Were you really double-bound, or did you double-bind yourself? Don't beat yourself up, but be honest. What will happen if you continue with this situation? Are you willing to continue to live with those consequences?

2. Now, think of a relationship in your life where you set a double-bind. Did you ask for something that you did not permit to happen? Did you ask for something that you did not reward or acknowledge? What was the impact of the double-bind on that relationship?

3. What actually happened? How effective was your communication? Did you get what you wanted?

4. How can you be clearer about your desires? How could you be more careful about rewarding the other person for their efforts?

Step 3: **Recognize the Internal Conflicts That Lead to Double-Binds**

Double-binds within relationships come from a mixture of desire and fear. If you can understand your partner's needs and fears, you can resolve the double-bind.

Double-bind communication is a wake-up call to understand and respond to your partner's needs. If someone in your life is giving you contradictory messages, try understanding which of the 6 Human Needs they are trying to meet. Think of new ways to meet those needs.

1. Which of your partner's needs are not being met? What are your partner's rules for meeting these needs?

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2. How can you meet your partner's needs in new and surprising ways?

3. Most double-binds come from a conflict between the need for stimulus and the need to feel safe. How can you provide both?

Step 4: **Clarify Who You Really Are**

When partners in a great relationship disagree, they don't ignore it. They speak their minds. That honesty creates passion and intimacy.

Double-binds come from trying to obey the person setting the double-bind. You will not get the relationship you want from obeying your partner like a child. A relationship is a two-way street. It does require compromise, renegotiation, discussion and giving to the other even when you don't fully understand. However, that is not the same thing as blind obedience. Ask your partner what's going on, and figure out what needs to be done.

1. What are you willing to do to meet your partner's deepest needs?

2. Are you here to obey your partner or to serve them passionately from your heart? How will you make that happen?

Step 5: **Demonstrate Your Responsibility, Passion and Initiative**

Intellectual knowledge of something will only get you so far. You must cement what you know intellectually in a way that makes it part of who you are. You must break your habit and use strong emotional muscle to break through the double-bind.

1. What kind of action can you take to show your partner what you are really made of?

   You must act on what you know. It might feel uncomfortable at first, but if you observe your partner and find out what they need, you will be able to break through the double-bind and take action.

   Remember: Your partner may have rules for how their needs are met. Discuss with your partner. Ask them what makes them feel certain, excited, comforted, significant or connected. Then, find new ways to meet those needs for them.

2. What are some rules your partner has about having their needs met?

Always search deeper to serve and challenge your partner.

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3. Name three ways that you can meet your partner's top two needs, even when they are conflicted. How can you use humor and affection to reach your partner?

4. Beyond a "thank you," what kind of feedback from your partner tells you that you're meeting their needs? This might be a smile, a light in their eyes or something else altogether.

Remember:

There is little in life as gratifying as experiencing a loving and passionate relationship with your partner. Keep an eye out for double-binds. By maintaining a standard of loving honesty, you can experience that pleasure with your partner.

Explore Warren & Karen's Intervention

1. Think about Master Skill 5: Harness Courage and Embrace Honesty. Did Warren demonstrate courage and honesty?

2. What was Karen honest about? Where was she not being honest?

3. In what ways were Karen and Warren practicing or not practicing the eighth Discipline: Loving Truth? Why do you think they were or were not practicing it?

4. What did you see or hear in the communication patterns between Karen and Warren that would lead you to believe there might be challenges in their relationship?

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Day 9: Action Plan

Discover where you are creating double-binds in any relationship in your life. *Singles*: Focus on a past relationship or on a current friendship.

1. First, look at yourself. What have you been communicating implicitly or explicitly?

2. What is your real message? What are you really looking for? What needs are you chasing by communicating in this way?

3. Go to your partner and tell them what you really need. What was the result?

4. Where are you getting a double-bind from your partner?

5. Without asking your partner, what do you think they really need? What is the need underlying the double-bind?

6. Double-binds are a natural result of people trying to reconcile opposite needs and not communicating them well. What need is primary for your partner? How can you meet that need?

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DAY 10 – YOU COME FIRST, MY LOVE: THE POWER OF ALIGNMENT

When you are not aligned with your partner, it can seem that all your efforts in the relationship come to nothing. However, when the two of you are aligned, everything you do is reinforced with a greater sense of purpose and fulfillment. In today's session, we'll explore Master Skill 6: Uncover and Create Alignment. We will also discuss the associated disciplines:

The 7 Master Skills of Relationships	The Laws of Love: The 10 Disciplines of Lasting Love & Passion
Skill 6: **Uncover** and Create **Alignment** →	**9.** Live the Discipline of **Utilization:** Tap into the Power of **Higher Meaning** & Constant Growth **10.** Live the Discipline of **Gratitude & Giving: Appreciation Is the Power**

Summary: Neil

Neil and his wife are an attractive couple in their thirties with a five-year-old daughter. Over the years, they seem to have increasingly gone in different directions, disagreeing about goals, priorities and how to spend their time. Neil came to Tony's seminar, questioning whether they were still compatible. At home, his wife was already dividing up their possessions, believing the relationship was over. It turns out that one of Neil's biggest passions – playing rock music – was something that his wife hated. This object of contention inspired negotiations, discussions and ultimatums – but never resulted in peace or harmony. Tony asked Neil to assess several key areas in the relationship to discover how the couple was working operationally. Finally, Tony gave Neil a 90-day assignment to totally commit to meeting his wife's needs at the deepest level. One year later, we learn Neil made a surprising decision that created deep levels of happiness for both of them.

Key Points:

- When determining your compatibility with your partner, it's essential to understand their top Human Needs, goals and priorities.
- When two partners are negotiating without common goals and priorities, it leads to a deadlock where both parties feel disempowered. By recognizing their common needs and stepping into each other's shoes, Neil and his wife quickly found greater alignment.
- Every couple has at least one frequent object of contention – a topic or area of life where it is difficult to find agreement. Use the exercise in this session to resolve this issue and help you both make decisions in your deeper common interests.
- Any major relationship decision should be preceded by a 90-day assignment where you thoroughly investigate your partner's needs, values and goals.

Compatibility

When you run into conflicts or misunderstandings with your partner, it's easy to imagine that you are just not compatible. Partner compatibility and selection are indeed important parts of relationship success. In order to determine that compatibility, you must discover 1) what you and your partner really need and 2) whether there is a genuine desire on both of your parts to develop a relationship in alignment with each other.

The bottom line about compatibility: If you and your partner share at least one of the same top two Human Needs, then an extraordinary relationship is possible. You will still have differences in values, beliefs and rules, but these differences can work in ways that do not undermine the relationship.

1. What are your top two Human Needs?

1) _____

2) _____

2. What are your partner's top two Human Needs?

1) _____

2) _____

3. What are some ways that your needs and your partner's needs work well together? Do you share a top need with your partner? How does this affect your relationship?

4. Are there challenges that arise because of a conflict between the needs you value most and those your partner values most? How does this affect your relationship?

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5. When your partner is happy and productive, describe their nature. Are they creative, analytical, social, athletic, etc.?

6. How do you feel about your partner's nature? What do you have in common?

7. What was your relationship like when you first met? Six months in? One year in? Two years in? A year ago?

Objects of Contention

Do you ever feel that whenever you and your partner disagree, the disagreement always comes back to an old topic you've discussed again and again? Most relationships have one of those – an object of contention. In many relationships, this is an outside interest: a hobby, a friendship, a career or a habit that is very important to one of the partners. In some cases, it can become so important that the other partner begins to feel jealous and will try to compete with it or control it. Use this exercise to break the cycle and create alignment in your relationship.

1. Ask yourself: If there were an outside interest that would lead to discomfort in your relationship, what would it be? Is it your partner's outside interest, or is it yours? Which of the 6 Human Needs are met by this special interest?

2. Is there another point of contention in your relationship, a disagreement from long ago that hasn't been resolved? For example: how to handle money, how to raise the children, how to spend free time or what plans are more important for the future?

3. What do you value most in your relationship? What do you value most in your outside interest or point of contention? Or what does your partner value in their special interests or disagreement with you?

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Alignment and Heartfelt Understanding

The best way to help diffuse an object of contention is to practice heartfelt understanding for your partner's experience. Put yourself in their shoes, and try to experience things from their perspective. It might be difficult. You may realize things you don't want to acknowledge. However, doing this exercise could help melt away many hours of discomfort in your relationship. It will also deepen your relationship in the process. *Singles:* Use this exercise to explore a past relationship or another relationship in your life, such as a friendship.

1. Think of a disagreement that has been lingering in your relationship. What is it?

2. How well have you been meeting your partner's 6 Human Needs?

Need	Score	Need	Score
1. Certainty		**4.** Love/Connection	
2. Uncertainty/Variety		**5.** Growth	
3. Significance		**6.** Contribution	

3. What would you do in your partner's position? What are your partner's options in trying to get you to meet their needs?

Next time you feel an object of contention coming up, stop and think to yourself, "What is my partner experiencing right now?" If you can gain heartfelt understanding of the situation and your partner's reaction to it, you will increase alignment with your partner instantly.

Alignment and the 3 Levels of Relationship

Think back to the 3 Levels of Relationships

Level One: Selfish Love
My Needs Come First
Level Two: Conditional Love
You Get Yours and I'll Get Mine
Level Three: Unconditional Love
The Other's Needs Come First

1. Think of a point of contention in your relationship and the needs that your partner is trying to meet. What would you do to resolve the point of contention if you were in a Level One relationship, focused on your needs and your needs only?

2. How would you resolve the point of contention if you were in a Level Two relationship, focused on your needs being "separate but equal?"

3. How would you resolve the point of contention in a Level Three relationship, by taking on your partner's needs as your own?

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Explore Neil's Intervention

1. How well were Neil and his wife aligned at the initial conversation, from what we learn from Neil? What changed?

2. How well were Neil and Andrea achieving Discipline 9: Utilization: Tap into the Power of Higher Meaning & Constant Growth? How was Neil substituting this outside the marriage?

3. What did this couple learn about Discipline 10: Gratitude & Giving? What did enhancing this discipline in their relationship do for the quality of their lives together?

4. What preconceptions did Neil have about how to meet his and his wife's needs?

Questions to Explore Your Life

1. How well would you say you and your partner are aligned in your relationship? *Singles:* Have there been challenges to alignment with your partner in your past relationships?

2. Remember a time when you felt growth and higher meaning. What brought that about? How did it feel? Was it in a relationship or through something else?

3. How have you shown gratitude and giving in a relationship? How does your partner show them to you? What could you do to practice these disciplines on a daily basis? How will this change your relationship? *Singles:* What are you committed to doing in your next relationship to light your partner up with giving and gratitude?

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Day 10: Action Plan – Your 90-Day Challenge

Quality relationships are built over lifetimes. It's not a 10-day experience. However, now that you've learned some important tools to deepen your connection to your partner, it's time to commit to making these tools a part of your daily life.

The first step is to consciously practice this exercise for three months. It will not only help you resolve a point of contention but will also strengthen your relationship.

Singles: Practice this exercise with another relationship, such as with a friend, family member or co-worker. You can also use it to set your standards for your next relationship.

1. First, rate how well you feel your partner meets your needs in the relationship on a scale of 1-10. Then, see things through your partner's eyes and rate the levels at which you have been meeting your partner's needs. Finally, rate how your needs are met by something outside of your relationship.

Need	How Well Your Partner Meets Your Needs	How Well You're Meeting Your Partner's Needs	How Well Something Outside the Relationship Meets Your Needs
1. Certainty			
2. Uncertainty/Variety			
3. Significance			
4. Love/Connection			
5. Growth			
6. Contribution			

2. Which two needs do you value most in your relationship? How well are you manifesting your values in the relationship? For example, if you value contribution, what do you do to make your partner feel contributed to in the relationship?

3. What comes first for you? Your partner or other interests? Which have you been putting first in your day-to-day practice? Do you take your partner for granted as you pursue your interests? What can you do to change things so that your relationship will meet your needs at higher levels? What rituals could you put in place together with your partner?

4. If you have chosen to put your partner first, commit to the 90-day challenge. Give unconditionally to your partner in every way – and in new ways. Discover your partner's needs and what has to happen for them to feel their needs are being met. Light your partner up at a level 10 in each of their 6 Human Needs. Make the next 90 days the greatest 90 days of your partner's life. Give them more attention, focus, caring and love than they have ever experienced in their life.

   At the end of the 90 days, either you will have completely lit up your partner and your life will be completely transformed or you will know that you and your partner truly have different goals, values and direction. Brainstorm ideas for what you will do to make this happen.

Problems are not just problems. They are signs that it's time to grow and contribute. Give to your partner for 90 days before trying to resolve any points of contention or asking for anything in return. At that point, you'll have a greater level of fulfillment, as well as more clarity about what both of you really need.

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TIPS FOR MEETING YOUR PARTNER'S 6 HUMAN NEEDS

Certainty

Masculine: Show up for her emotionally when she is upset. Give her your love and understanding, even if it may not seem welcome in the moment. If she tests you by provoking or criticizing you, take pride in being able to pass the test. Do some things just to show her that you love her.

Feminine: Show him that your love is unconditional. Don't withhold or withdraw from him. Tell him that you will love him forever. Love him as you would your child, even when he's in a bad mood, even when you're angry and even when he has done something wrong.

Uncertainty/Variety

Masculine: Take the initiative to surprise her with a special date, flowers or something else that she would especially enjoy.

Feminine: Plan a new exciting sexual scenario. Be unpredictable in how and where you show him your love. Tease and provoke him.

Significance

What could you do on a weekly basis to make your partner feel special? What can you say that will make them feel like the most important person in the world to you? Find three different ways to let your partner know how much they mean to you.

Love/Connection

Everybody has different ways that they prefer to receive love. Some people respond to touch, others to words and others respond best to gifts and gestures. Discover your partner's preferences, and you will be able to give more effectively.

Growth

Commit to each other. Put energy into figuring each other out. Learn your partner's needs, and learn to cherish their individuality. Propose ways that you can grow together toward your goals.

Contribution

Contribute to each other first. When you both feel more fulfilled, you can begin to direct your contribution together in other directions.

NOTES

"Love conquers all."
– Virgo

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Today, we explore the final Master Skill: Live Consciously: Be an Example, which applies to all 10 Disciplines of Love.

The 7 Master Skills of Relationships	The Laws of Love: The 10 Disciplines of Lasting Love & Passion
Skill 7: **Live Consciously:** Be the Example of What You Want in the World	This skill applies to all 10 Disciplines of Lasting Love & Passion.

The skill of being a great example requires the ability to maintain high standards and the strength to uphold your new high standards. Any change you make does not end with you. It creates a chain of consequences that will affect generations of those who follow. If you have children, your example will affect them deeply. That example, in turn, will affect their children – and so on. Take the responsibility for being fully conscious of the example you set in your life and community!

One more note: When you make progress in an area of your life, you might encounter a tendency to backslide. This often happens when you don't reward yourself for making a change. Additionally, there are also forces in your life that will try to pull you back to playing small. Combat these tendencies by holding yourself to a high standard and remembering the power of consequence and influence.

Summary: Lise

Lise is an older professional woman whose life was satisfactory, though not great. Lise stood up with a minor question about her relationship. However, Tony quickly perceived that Lise's entire adult life had been influenced by a key decision she had made as a child – to be stoic and never to be vulnerable. As they explored the family circumstances that led to her decision, Lise recognized the power of example – the example of her parents and her example on her extended family. Tony showed Lise an entire area of life that she had failed to experience, and she made the decision to experience softness and emotional vulnerability. By remaking this 60-year-old key decision, Lise was able to awaken all of the relationships in her life.

Key Points:

- The decisions we make in times of stress often meet our needs in that moment. However, they must be reinvestigated once the stressor is gone to ensure that the decision is one that truly serves us.
- Challenges in life are often a result of seeing things through a limited perspective.
- By reclaiming parts of her identity, Lise was able to explore her playful side and her femininity. Now, she can live her true core as an example.

Key Decisions

Do you ever think you'd like to do something new, but then you realize it's just not *you*? If so, it's likely you made a key decision that has shaped your life and the lives of those around you. The good news is that key decisions – even old ones – can always be changed in the present. In this session, you'll discover how to revisit the key decisions in your life and remake those decisions, creating powerful results in your life today. Ultimately, you'll take greater charge of your true identity and, as a result, your ability to make powerful new decisions in the service of your life and your relationship.

What Is Identity?

Identity is the result of what we choose to focus on, the skills we have developed, how we relate to others and how we want others to see us. It is possible to change that identity, no matter how long it's been with you.

Powerful Decisions

These are the decisions that direct other decisions that you make in your life. There are four qualities that make a decision powerful:

1. The *earlier* in life the decision is made, the more powerful it will be.
2. The *more urgent* the circumstances at the time you made the decision, the more influential the decision.
3. Key decisions *set a precedent* for the way you live your life from that moment forward.
4. A decision gains strength when it is *reinforced*, which leads you to make it again and again.

Key decisions are usually made in times of crisis. If you reflect on a difficult time in your life, especially in your childhood, you will discover that you likely made a key decision that you probably didn't recognize at the time. When a decision is made in that state, it's usually rewarded because it allows us to meet one or more of our needs, which then makes it a powerful force in our lives. Even though the decision may be unconsciously made, it can have a huge impact on our lives.

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Exploring Your Key Decisions

Think back to an experience in your life when you were extremely stressed or uncomfortable. By answering these questions about that time, you can uncover an important key decision that might still have a heavy influence on your life.

1. Describe the situation and the circumstances. How did you react? Who else was there and how did they act? What kinds of decisions did you make? Did you decide to be strong and face the situation, or did you take a position of vulnerability? What were you feeling? Did you decide to trust others, or did you decide to rely on yourself? Did you rely on a set of beliefs or values? Did you focus on your feelings, on other people's behavior or on external circumstances? Or did you just want to get away? You may not have thought out loud at the time, but, in that moment, you responded to that challenge, and a powerful decision was made. Do you know what decision was made? State it simply, and break it down to its essence.

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Use the decision that you came up with as your key decision through the rest of this exercise. It's likely that you've made many key decisions in your life, but concentrate on one specifically.

2. Rate how strongly your decision met your needs on a scale of 1-10, and explain why.

Certainty:

Uncertainty/Variety:

Significance:

Love/Connection:

Growth:

Contribution:

3. Looking back, what other options did you have? What would making a different decision have meant for you? What needs would have been met or not met?

4. Key decisions affect others in your sphere of influence, and they impact at least one area of your life. What did your key decision influence in your life – your family life, romantic inclinations, financial habits? Who did it affect? Name some people close to you and think of ways they may have been influenced by your key decision.

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5. How many people have been affected by your key decision indirectly? Think about all the people in your sphere of influence. How have they been affected?

6. How have others around you acted in relationship to your decision? Have they gone along with your decision, or have they chosen differently? How have you rewarded or punished them for their choices?

7. Where are their decisions leading them? Where would a different decision lead them? How important is their future to you?

You should now be more aware your influence on the lives of those around you. You may even have discovered that people you care about have been hurt by a decision you made long ago. Your key decision may have served you well within a specific context, but that decision may no longer serve you today. If you can see ways that your key decision has created negative effects for you or those you care about, then it's time to make an adjustment.

Commit to Making a Change

1. Think about your key decision. Why will you absolutely commit to making a change now?

2. At the time your key decision was made, it was a gift. Think of the ways that your key decision has served you. It has probably led you to develop a set of unique skills and talents. What are some positive results of your key decision?

3. When one person makes a powerful key decision, the people close to them are often pushed to grow. How have people around you been stimulated by your key decision? If you are planning to adjust your key decision, how can you also express your appreciation to those people and for how they have responded to you so far? What would you tell them?

4. When you made your key decision, what other alternatives did you give up? Was it necessary to give these up? Can you think of anyone else who has made a similar decision without giving up what you did?

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5. What adjustments could you make to your key decision that would allow you to maintain the benefits of the life you have developed while allowing you to experience the things that you have sacrificed to this point? Who would benefit if you made this adjustment?

6. How has your key decision negatively affected other people's lives? Has it caused anyone to struggle to relate to you? How may your key decision have affected the way they relate to others? If your key decision has harmed others, it is time to explain to them why this was so and to apologize for any harm you might have caused.

Now it's time to strategize new and specific ways of bringing exciting experiences to your life and relationships:

7. What could you do now to surprise yourself and others? How would that affect your relationships? Make an absolute commitment to action. You have options now. Challenge yourself to take them and enrich your life with them. How are you going to appreciate these new options? How will you communicate them with the people you love?

8. How will making this change affect those around you? What opportunities will open up for the ones that you love? What can you help them experience in life and relationships? How can you surprise them? What will the long-term effects of this change be for the people you influence and on the generations who will be influenced by you through them?

The next time you are feeling overwhelmed, ask yourself:

- *What decision am I dealing with here?*
- *When did I make it?*
- *Why did I make it?*
- *What does it accomplish?*
- *What are its side effects?*
- *What decision could I make now?*

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Explore Lise's Intervention

1. Was Lise practicing Master Skill 7: Live Consciously by creating a new example for those around her – or was she living in reaction to the examples of others?

2. How was Lise's key decision affecting her and her family, even years later?

3. When she made a new commitment after her conversation with Tony, how did Lise's example change her family? What did Lise have to do to create those changes?

In Celebration of Lise, Her Bravery and Her Vulnerability

After her intervention, Lise returned to the Robbins community to give back, becoming a senior trainer and leading hundreds of individuals to greater personal change. After a long bout with colon cancer, Lise passed away. We feel honored to have enjoyed her humor, insight, caring, humility and, of course, the beautiful vulnerability she displayed in her intervention at Date with Destiny.

Questions to Explore Your Life

1. Are there people in your life who might look to you as an example? Children are an obvious possibility, but friends and other family members may look to you as well. What kind of example are you setting?

2. If you could change one thing about your example, what would it be? How would this affect your life and the lives of the people around you? What if you don't change?

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Bonus Day: Action Plan

Take some time to reflect on the time you have spent with this program.

1. How were your relationships before you started this program? How were you as a member of those relationships? How were you showing up? Which of the 7 Master Skills were you practicing? The 10 Disciplines of Love? At what level?

2. Who are you today? What choices have you made? How are you going to show up from now on? How would you describe what you're going to give in all of your relationships?

Who are you today? Who were you yesterday or at the beginning of this program?

The gap between the two should be something that you're proud of, something you're excited about – and it doesn't have to be perfect.

Every move forward that you make in your relationship creates the opportunity for even greater growth, a deepening of your connection and the chance to experience the richness of life.

Enjoy the journey! Be love and be loved.

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About the Author

Tony Robbins – The World's #1 Life and Business Strategist

For over four decades, more than 50 million people have enjoyed the warmth, humor and transformational power of his business and personal development events. He is the nation's #1 life and business strategist. Mr. Robbins is the chairman of a holding company comprised of 40 privately held businesses with combined sales exceeding $5 billion a year. He has been honored by Accenture as one of the "Top 50 Business Intellectuals in the World;" by Harvard Business Press as one of the "Top 200 Business Gurus" and by American Express as one of the "Top Six Business Leaders in the World" to coach their entrepreneurial clients. Fortune's 2014 cover article named him the "CEO Whisperer," and he has been named in the top 50 of Worth Magazine's 100 most powerful people in global finance for two consecutive years. Through his partnership with Feeding America, Tony Robbins has provided over 325 million meals in the last three years to those in need. He is on track to provide one billion meals over the next seven years. He has also initiated programs in more than 1,500 schools, 700 prisons and 50,000 service organizations and shelters. He provides fresh water to 250,000 people a day in India in order to fight the number one killer of children in that country – waterborne diseases. Robbins also is the founder of Namale Resort and Spa, acknowledged as one of the most romantic places on earth. Robbins' commitment to improving the quality of life for people everywhere is surpassed only by his passion for family as a dedicated father of four children and a loving husband to his wife, Bonnie-Pearl "Sage" Robbins.

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Call 800-445-8183 or 1-858-535-9900 to discover more.

About the Contributors

Cloé Madanes – Master Trainer of Psychotherapists

For more than three decades, Cloé Madanes has been recognized by her peers for being one of the 20 most influential therapists in the world. A world-renowned innovator and one of the foremost pioneers of strategic family therapy, Madanes has been honored by the Mayor of San Francisco for her advocacy in international children's concerns.

She received the Egner Foundation Award for Distinguished Contribution in the fields of psychology, anthropology and philosophy from the University of Zurich, Switzerland. She received a commendation for Distinguished Contribution to Psychology by the California Psychology Association and was awarded a degree of Doctor of Humane Letters, *honoris causa*, by the Trustees of the University of San Francisco. She has authored five books that are classics in the field: *Strategic Family Therapy*; *Behind the One-Way Mirror*; *Sex, Love and Violence*; *The Secret Meaning of Money* and *The Violence of Men*. Her books have been translated into more than 10 languages.

Documentary Films Directed by Mark Peysha

Mark Peysha is a life coach with a specialty in strategic communication, relationship and family issues. The director of over a dozen films and learning products, he holds an M.A. from Harvard University. Mark and his wife, Magali, have been together for more than 25 years and have five children.

Tony Robbins and Cloé Madanes continue to work together perfecting new methodologies of indirect negotiation to foster greater harmony and effectiveness in social systems ranging from families to corporations and government organizations.

The Robbins-Madanes Center for Strategic Intervention is dedicated to the solution of interpersonal conflict, the prevention of violence and the creation of a more cohesive and civil community.

For further information and training schedules, please contact:
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